

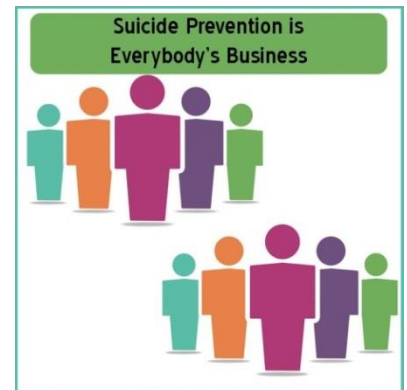
FOR IMMEDIATE RELEASE**Contacts:**

Chelsie Smith, RN, BSN, Chair of Mental Health Action Team, 715-839-4718

SUICIDE PREVENTION IS EVERYBODY'S BUSINESS—GET QPR TRAINED!

Eau Claire, Wisconsin – May 22, 2015 –[Eau Claire County Medical Reserve Corps \(MRC\)](#) and Eau Claire Healthy Communities' [Mental Health Action Team \(MHAT\)](#) have partnered to offer [Question, Persuade, Refer \(QPR\) Trainings](#) in the upcoming months throughout Eau Claire County. The organizations received a national grant to be able to offer free trainings to 1,000 Eau Claire County community members.

QPR is essentially the CPR of Mental Health, and getting trained can save lives. QPR is an evidence-based practice that helps attendees learn how to recognize the warning signs of suicide, provide hope to those who may be contemplating suicide and know resources to refer individuals to in Eau Claire County. Overall, the training boosts attendees comfort level when approaching conversations about suicide.



"This effort fits well with our organizations goal to strengthen our local community's response to emergencies," says Diane Hunter, Coordinator for MRC. "The training empowers our local community members to help respond and provide resources to those who may be considering suicide."

Mental Health was the top identified health priority by Eau Claire County residents during the 2015 Community Health Assessment. The data also shows that mental health is a concern in our community. In 2012, there were 14 suicide deaths in Eau Claire County. The 2011 PRIDE survey conducted in Eau Claire County high schools with 10th and 12th graders in 2011 indicated that approximate 1 in 6 (or 16%) of these students considered suicide "sometimes," "often" or "a lot." Another indicator of mental health and well-being in our community is the number of self-inflicted injuries. From 2000 to 2012, Eau Claire residents have had a significantly higher rate of hospitalization when compared to the state rate over the same time (see graph below).

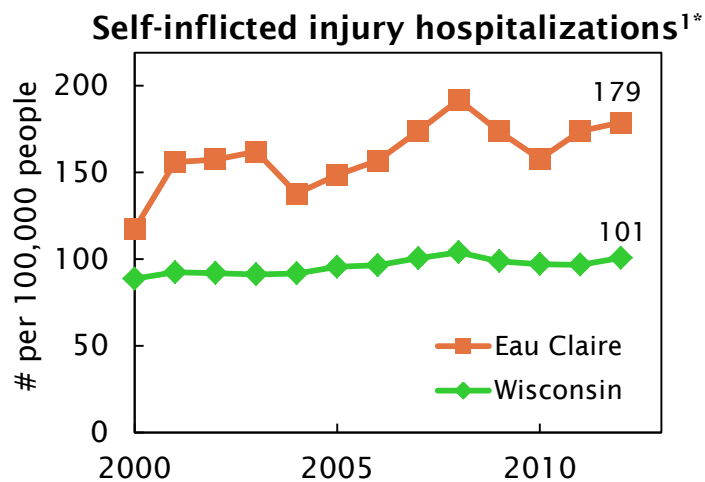
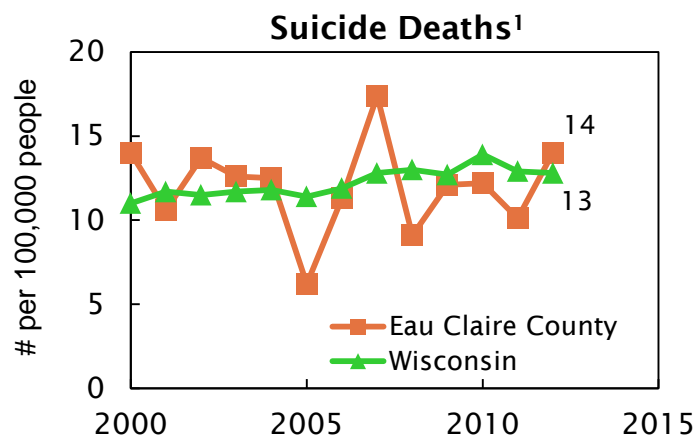
"We highly encourage all community members to attend one of the trainings," says Chelsie Smith, Interim Chair of MHAT and certified QPR trainer. "Making mental health more of a common topic that people in our community feel comfortable, and know how, to talk about will help save lives right here in Eau Claire County."

Community-wide trainings will be held:

- June 3rd 6:00-8:00pm Augusta High School Commons, Augusta
- June 8th 5:00-7:00pm American Red Cross, Spooner Avenue, Altoona
- June 10th 6:00-8:00pm Augusta High School Commons, Augusta
- June 24th 5:30-7:30pm Village Hall, Fall Creek

Space is limited at these trainings, so please register by contacting Chelsie at 715-839-4766 or Chelsalyn.Smith@co.eau-claire.wi.us. Also contact Chelsie, if you know of a community group, church,

business, etc. that would be interested in hosting a QPR training at their site for members or staff. Suicide prevention is everybody's business—spread the word and get QPR trained.



¹Wisconsin Interactive Statistics on Health—DHS